



Alive 'N' Kicking Surrey is a **FREE**
healthy lifestyle programme for
families who want to eat healthily,
be more active and have fun
doing so together.

Running in **Guildford and Waverley**
every week at:

Farnham
Wednesday Evenings

Christ's College, Guildford
Saturday Mornings

ARE YOU READY TO MAKE A FEW CHANGES?

To find out more please get in touch:

Tel: 01483 600 524

Email: surrey@ank.uk.com

www.ank.uk.com

BECAUSE

EVERYONE

**WANTS THE BEST
FOR THEIR KIDS**



everyone **HEALTH**
SURREY

ALIVENKICKING
BY everyone **HEALTH**

change
4life

